

MSFC PHYSICAL EXERCISE PROGRAM MEASUREMENT OF BODY FATNESS PROGRESS			DATE:	
NAME:	SEX: <input type="checkbox"/> Male <input type="checkbox"/> Female	AGE (Years):	WEIGHT	
			Lbs:	Kg.:
SKIN FOLDS	MM		LBS.	KG.
BICEPS		ESTIMATED % BODY FAT		
TRICEPS		TOTAL FAT ON BODY		
SUB SCAPULAR		ESTIMATED IDEAL WEIGHT		
SUPRA-ILIAC		OVERWEIGHT		
TOTAL		UNDERWEIGHT		
NOTE: <i>Ideal % body fat is estimated as 15% for males and 25% for females</i>				

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